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scientific research

High-Monounsaturated Fatty Acid Diets (MUFA) with Peanuts-Peanut Butter or Peanut Oil Lower Total Cholesterol (TC) and LDL-C Identically to a Step 2 Diet But Eliminate the Triglyceride Increase.

HIGH-MUFA DIETS WITH PEANUTS-PEANUT BUTTER OR PEANUT OIL LOWER TOTAL CHOLESTEROL (TC) AND LDL-C IDENTICALLY TO A STEP 2 DIET BUT ELIMINATE THE TRIGLYCERIDE INCREASE.

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To determine whether the lipid lowering effects of diets high in monounsaturated fatty acid (MUFA) from Peanut/Peanut Butter (P/PB) or Peanut Oil (PO) are comparable to those of diets high in MUFA from olive oil (OO), we compared the effects of five different diets on serum lipids in 22 healthy adults (9 men and 13 women, age 21-54). A randomized, double-blind, five-period crossover design was used to evaluate the following diets: average American (35% fat, 15% saturated fat (SFA)), low-fat (25% fat, 7% SFA), OO (35% fat, 6% SFA), P/PB (35% fat, 7% SFA), and PO (35% fat, 7% SFA). Subjects were provided all foods and beverages for each 25 day diet period and fasting blood samples were drawn twice during the final week of each diet period. Lipid profile data are summarized:

	AA	Low-fat	OO	P/PB	PO
TC	210 ± 9 ^a	190 ± 9 ^b	185 ± 9 ^b	187 ± 9 ^b	191 ± 9 ^b
LDL-C	137 ± 8 ^a	116 ± 8 ^b	115 ± 8 ^b	117 ± 8 ^b	121 ± 8 ^b
HDL-C	58 ± 6	46 ± 6	49 ± 6	47 ± 6	48 ± 6
TG	118 ± 12 ^a	131 ± 12 ^b	102 ± 12 ^c	103 ± 12 ^c	105 ± 12 ^c

means with different superscripts differ at $p \leq 0.05$.

In summary, OO, P/PB, and PO can be used interchangeably in high-MUFA, low-SFA diets, creating additional diet planning options for the development of diets designed to lower TC and LDL-C. Moreover, these diets are all superior to low-fat, low-SFA diets because they do not elevate TG. Funded by The Peanut Institute.

Note to Editor/Reporter: Phone interview may be arranged with principal investigator.

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